

YOUR CAT'S CHECKUP

Preparation Checklist

Routine wellness exams are vital for the long, happy, and healthy life your cat deserves. August 22 is National Take Your Cat to the Vet Day. It's the perfect opportunity to schedule your cat's routine checkup! Many cats dislike going to the veterinarian, so follow the checklist below to reduce the stress associated with the veterinary visit and ensure you are well-prepared.



Make Your Cat's Carrier a "Home Away From Home"

To help your cat become comfortable with the carrier before the checkup, leave it in a room where your cat often spends time. This process may take some time, so be patient. By doing so, it will be easier to get your cat into the carrier when it's time for the appointment.



Place Familiar Soft Bedding or Towels in the Carrier

Cats are most comfortable with the familiar and need time to adjust to the unfamiliar. Bedding or clothing with your scent can make them feel more secure in the carrier. It can also be helpful to cover the carrier with a towel.



Consider Using a Synthetic Feline Facial Pheromone

To help keep your cat calm during the checkup, use a feline facial pheromone product and spray or wipe it on the carrier, towels, or bedding 30 minutes before placing your cat inside and heading to the appointment. This will aid in creating a soothing environment for your cat.



Jot Down Questions / List of Any Changes You've Noticed Since Your Last Visit

Has anything changed with your cat's eating habits, weight, or activity level? Behavioral changes often indicate a problem, and knowing about them can help your veterinarian fully assess your cat's health. Make a list beforehand so you don't forget to share during the visit. If this is your cat's first visit at the clinic, bring previous medical records.



Make an Appointment with Your Veterinarian / Consider a Cat Friendly Practice®

Veterinary practices designated as a Cat Friendly Practice® (CFP) and veterinary staff members who have earned a Cat Friendly Certificate have taken extra steps to ensure they understand a cat's unique needs. These practices have implemented Cat Friendly standards to make checkups less stressful for cats and their caregivers. To find a veterinarian, CFP, or veterinary professional near you, visit catfriendly.com/find-a-vet. Also, if you have a nervous kitty, ask the practice staff for tips on reducing stress before the visit.

Learn more at

catfriendly.com/cat2vetday

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